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VISUALLY IMPAIRED SKIER'S GAMBLE PAYS OFF WITH A GOLD MEDAL — CANADA'S FIRST AT THE PARALYMPIC GAMES IN SOCHI PAGE 26

Stuck trucks thwart port

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Science inside an out-of-body experience

U of O researchers take close look at woman's brain PAGE 6

Robertson blasts suit in legal response

Hootsuite allegations. Mayor hires renowned lawyer to defend him against political rival

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Vancouver Mayor Gregor Robertson says he plans to deal with the lawsuit "quickly and forcefully." JENNIFER GAUTHIER/METRO FILE

Reprehensible. Scandalous. An abuse of the courts.

Mayor Gregor Robertson has come out swinging to defend his actions — and his job — after a lawsuit was filed against him by a political opponent alleging he inked a sweetheart deal for city property with social-media company Hootsuite.

"I intend to deal with this quickly and forcefully. The case is entirely without merit, and the facts speak for themselves," Robertson said in a statement Monday.

And he's hired the big guns to defend him: lawyer Joe Arvay, who has successfully argued landmark Canadian cases including the right to operate supervised injection sites.

On Monday, the mayor filed his response in B.C. Supreme Court to the lawsuit launched in February by mayoral candidate Glen Chernen of the upstart Cedar Party and others.

The lawsuit alleges Robertson received "significant" campaign contributions from Hootsuite — the mayor hosted Twitter town halls at the company's headquarters and attended events with its CEO — and broke the Vancouver Charter by voting to grant the company a lease to the building at 5 East 8th Ave. It asks the courts to boot him from office.

Robertson's response, however, notes various factual inaccuracies in Chernen's lawsuits (including dates and events), says the lease was at or above fair market value and denies any financial interest.

The lawsuit is "so obviously devoid of any legal merit that the only reasonable inference the court should draw is that this proceeding was commenced for an improper collateral purpose, namely to damage Mayor Robertson politically," the response states.

"The obvious lack of legal merit of this proceeding, together with its apparent political purpose, ought to attract an award of special costs."

Counterclaim

The lawsuit is "so obviously devoid of any legal merit that the only reasonable inference the court should draw is that this proceeding was commenced ... to damage Mayor Robertson politically."

The legal response filed on behalf of Mayor Gregor Robertson

MAYORAL CANDIDATE GLEN CHERNEN FILES ANOTHER SUIT AGAINST ROBERTSON, PAGE 2

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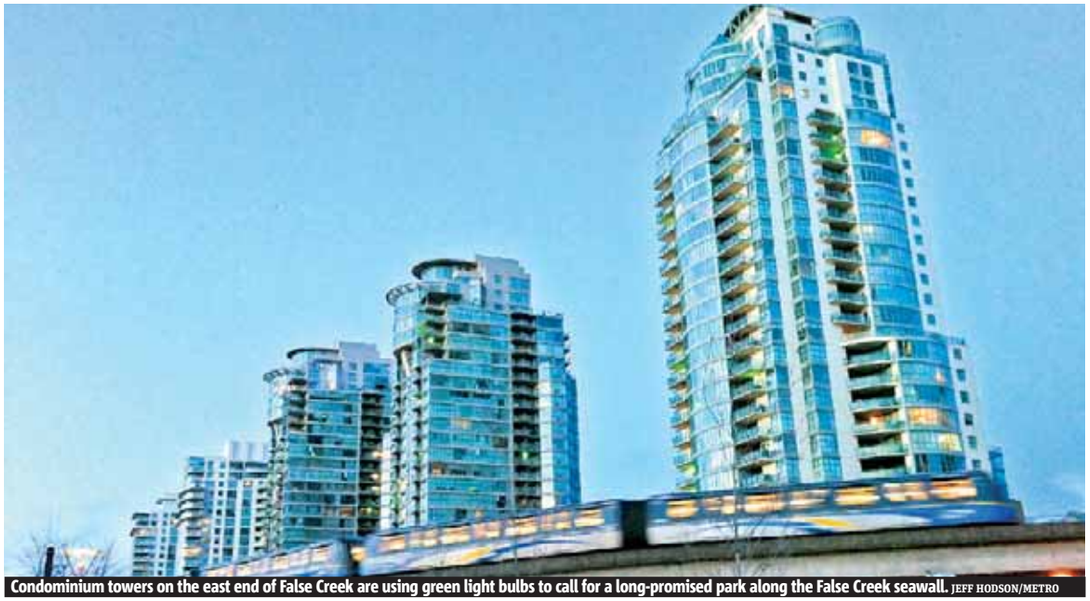

Condominium towers on the east end of False Creek are using green light bulbs to call for a long-promised park along the False Creek seawall. JEFF HODSON/METRO

Green lights shine in park's absence

False Creek. Condo residents' campaign ramps up pressure on developer to deliver coveted green space

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False Creek residents are tired of waiting, so they've taken it upon themselves to green-light a planned community park to stunning effect.

The emerald glow emanating from hundreds of condos along northeast False Creek over the last five weeks have generated plenty of curiosity and chatter from passersby wondering whether the spectacle is a new kind of urban art installation or something completely different.

The reality is that False Creek residents are fed up waiting for Concord Pacific to build a designated park — one that has been promised to residents since 1990 — along the seawall and they've found a rather creative way to protest the lack of community green space.

"We need a green space, oxygen, blades of grass to complete the community and improve the seawall," said Andrea MacKenzie, the False Creek Residents Association park committee member who came up with the #greeningthecreek campaign with the help of her daughter. "It's been 24 years coming. There is no excuse."

Concord Pacific agreed with the city and province to designate the north lot as park space in exchange for building 7,500 units of housing in False Creek.

And while that housing target was met — and long since exceeded — the lot remains vacant and tied into the developer's long-term vision for the area.

Vancouver Coun. Geoff Meggs agreed development of the park is long overdue, but said the ball is firmly in Concord Pacific's court.

"It's a 25-year plan and we've worked hard with them on creating a better layout for that area," said Meggs. "We've been in discussions, but it's up to them to clear up legal and technical issues and apply for rezoning."

However, Meggs said significant progress has been made in the past 18 months, referring to a city proposal to tear down the Georgia viaduct and expand potential park space. He said he believes a formal proposal from the developer is "imminent."

But until then, more and more residents who say the park should be built independent of the overall development plan are buying green light bulbs and joining the public demonstration.

Diner

Condos slated for Rumpus Room site, says owner

The Rumpus Room, a beloved Main Street diner easily recognizable by the pink flamingos decorating its patio, is getting kicked out of the space at the end of the month, its owner said Monday.

The landlord told the restaurant he intends to dissolve the lease and tear down the building at 2689 Main St. to make way for condos, co-owner Rachel Zottenberg said Monday.

It's the apparent culmination of a "non-ending fight" with the landlord over issues such as patio and operating hours, Zottenberg said.

"There's just too much money in condos," she said in between phone calls from crying staff members.

Metro was not able to get in touch with the landlord, so the details of the future plans remain murky.

But there is a demolition clause in the lease requiring the restaurant to leave if the landlord opts for construction, Zottenberg said.

The city was not immediately able to confirm whether there are any active demolition or development applications or permits for the site. There are no rezoning applications for the address listed on the city's website.

In the meantime, Zottenberg said she believes they will be out this month and is devastated to leave.

"I feel like (The Rumpus Room) is so special in this exact location," she said.

She and co-owner David Duprey would consider moving only if they can recreate the atmosphere of the space, she added.

EMILY JACKSON/METRO

Policy. VSB aims to reduce mileage reimbursements

The Vancouver School Board is making recommendations to cut down on the $1.9 million it spends annually on mileage reimbursement.

The policy review, which aims to reduce reimbursement costs by up to 39 per cent, will hear from stakeholders at a meeting on Wednesday.

"The mileage rates we're currently paying to employees is greater than other schools and public-sector organizations," said VSB secretary-treasurer Rick Krowchuk. "Given our fiscal situation with shortfalls, we're looking for more efficiency."

The district's reimbursement policy has three different rates: Casual, tool and non-tool, which range from 54 cents per kilometre to more than $3 per kilometre for a vehicle carrying tools.

Changes to the policy include offering tool rates strictly to employees in the trade industry. KAYLA ISOMURA/FOR METRO

Crime

Man charged in 2008 homicide

Richard MacInnes, 45, has been charged with second-degree murder in the 2008 disappearance of Michael Scullion, 33, a Chilliwack resident whose body has never been found.

Scullion was last seen outside a motel in Agassiz on a day that he failed to show up for work or pick up his daughter.

MacInnes made his first court appearance Monday.

THE CANADIAN PRESS

Conflict? Mayoral hopeful sues Robertson again

The mayoral candidate for an upstart civic party has sued the mayor for the second time in less than a month, this time over allegations of inappropriate relationships between the mayor's party, the blog Vancouver is Awesome and a real-estate consultant.

In a petition filed in B.C. Supreme court on Friday, Glen Chernen of the Cedar Party and others allege Mayor Gregor Robertson and the seven Vision Vancouver councillors acted in conflict of interest by voting to send the massive Oakridge Centre to public hearing.

The petition alleges that Vancouver is Awesome is funded by Brook Pooni, a real-estate consultant who has done work for the developers of the Oakridge Centre.

It claims that Pooni and his company "actively fund, promote and electioneer" for Vision Vancouver through "flattering" posts on the blog.

EMILY JACKSON/METRO

Recycling. Changes may cost jobs, say stakeholders

Looming regulatory changes to printed-paper and packaging recycling will kill small business jobs in B.C., according to a coalition of stakeholders looking to disrupt the new system two months before it's slated to take effect.

The changes were announced in 2011, when the province introduced legislation to shift the cost burden of collection and recycling away from taxpayers and local governments to businesses creating the waste. A similar system already exists for electronics, where producers charge fees to help offset recycling costs they bear once their products reach the end of their usefulness.

But Rethink It B.C., an industry group that includes Newspapers Canada and the B.C. Agriculture Council as well as associations of printers, landscapers, manufacturers and waste-management companies, worries the changes were pushed through without proper consultation on how to make the transition painless.

"The printing and imaging associations have been very vocal, saying they're going to start losing business to Alberta, who can do the printing today and send it by mail back into B.C. and they won't have to pay the fees," said Mike Klassen with the Canadian Federation of Independent Business. "Waste-management associations are really worried. I talked to some business operators who don't know if they're going to be able to keep their staff on after May 19th."

The program will increase the recycling rate for packaging and printed paper from 52 to 75 percent, said the B.C. Ministry of Environment in an emailed statement. Last month the province announced that certain small businesses would be exempt from costs associated with the program, which is expected to affect 3,000 businesses. LUKE BROCKI/FOR METRO

Sawmill blast. Chief coroner calls for inquest

Days after the victims and families of a deadly sawmill explosion in north-central B.C. appeared at the legislature to plead for an independent public inquiry, Chief Coroner Lisa Lapointe said an inquest is the best way to find answers about the tragedy.

Two people died and 19 others were injured in the fire and subsequent explosion at the Babine Forest Products sawmill in Burns Lake in January 2012. WorkSafeBC concluded the blast was partially caused by an accumulation of wood dust.

"The (coroner's) inquest is, in my mind, the best venue to examine a tragedy like this," Lapointe told a news conference Monday. "It is public. Anybody who knows anything can be compelled to come and speak," she said. "The normal rules of evidence do not apply, so it's a very broad questioning of the witnesses. There is much more openness. The goal of the inquest is to find out exactly what happened."

But Lapointe said an inquest does not set out to find fault or blame, though the inquest jury can make recommendations to prevent such a similar incident in the future. THE CANADIAN PRESS

Truckers' strike cripples shipping

Port Metro Vancouver. 10% of truck traffic moving; weekly losses pegged at $885M

LUKE BROCKI
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Goods movement at Canada's busiest port is slowing to a crawl as striking container truckers dig in for a protracted labour dispute that could cost billions in shipping backlogs.

Last week, Canada's Transport Minister appointed respected negotiator Vince Ready to conduct an independent review of trucking operations, but his findings aren't expected until the end of May. In the interim, unionized and non-union truckers, some 1,400 drivers in all, have walked off the job in protest of low wages and long wait times at terminals, an action Port Metro Vancouver officials estimate is costing the port some $885 million per week.

"The members are strong. They're telling me that normally 3,000 trucks go through here in a day and so far they've seen about 20 or 30," Gavin McGarrigle, B.C. area director of the Unifor-Vancouver Container Truckers' Association, told Metro by phone Monday afternoon from a protest line at the Vanterm container terminal in northeast Vancouver. "We think the economic pressure is such that something has to give. Our members are united across the industry, their solidarity is legendary."

Traffic

Port Metro Vancouver is Canada's largest port by volume, trading $172 billion in goods per year.

Striking container-truck drivers sit at an information line as a truck leaves Port Metro Vancouver on Monday.
DARRYL DYCK/THE CANADIAN PRESS

It's a complicated labour dispute: unlike longshore or rail workers, whose employers belong to industry associations that act as regulators, truckers say their employers have no central regulatory body. In its absence, drivers say it's a Wild West scenario, with some 150 employers allegedly undercutting each other in what the striking drivers are calling a race to the bottom, saying it no longer makes sense for them to put their rigs on the road when current earnings barely cover the cost of gas.

"The trucking companies' so-called rights to undercut each other shouldn't impact the right of container truckers to earn a decent living, or for shippers and customers to have an efficient port. So this needs to be regulated," said McGarrigle, adding there's no rush for members to get back on the job until the industry gets overhauled. "Sure, you're losing money to stay at home, but you're also losing money to go to work."

Nobody is physically blocking entrances to port facilities, but protest lines have formed at port entrances and pickets are growing at the offices of the truckers' many employers. Port Metro Vancouver, meanwhile, having previously insisted it was business as usual at its terminals, now admits the dispute is having a massive financial impact.

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Perjury trial. Lawyer argues collusion theory would be abuse of process

A lawyer for the Mountie who repeatedly stunned Robert Dziekanski with a Taser says the Crown shouldn't be allowed to argue that officers colluded to get their stories straight on the night the man died, because another perjury trial already determined that didn't happen.

Const. Kwesi Millington was among four RCMP officers who confronted the Polish immigrant at Vancouver's airport on Oct. 14, 2007, and all four were later charged with perjury for their testimony at a subsequent public inquiry.

One of the officers, Const. Bill Bentley, was acquitted in a trial last year. The Crown's case against Bentley depended almost entirely on the theory that all four officers worked together on a story to tell investigators and then lied to the inquiry to cover it up.

As Millington's perjury trial began on Monday, his lawyer told a judge it would be an abuse of process to allow the Crown to present a theory that another judge already rejected.

"The Crown is wanting to re-argue the very same issue — collusion — that has been conclusively decided," Ravi Hira said in B.C. Supreme Court, as Millington watched from the prisoner's dock.

THE CANADIAN PRESS

Labour. Firefighters can now claim heart disease as job-related condition

When firefighters run into burning buildings, their hearts pound and there are times when some can't stand the heat, suffering heart attacks at the scene or shortly afterwards, said firefighter Mike Rispin.

Rispin, a 22-year firefighting veteran from Vancouver Island, said he has seen his colleagues collapse from heat exhaustion, and he knows of at least one firefighter who suffered a heart attack and died fighting a fire.

Rispin, Vancouver Island vice-president of the British Columbia Professional Firefighters Association, couldn't hold back tears Monday as the Liberal government moved to amend the Workers' Compensation Act to restore heart disease — including heart attacks — as a presumed job-related disease in firefighters to be recognized by WorkSafeBC.

"I'm very emotional, very much so," he said.

The move means firefighters who suffer heart disease can file compensation claims without having to individually prove their heart condition is job related. THE CANADIAN PRESS

Residents sound off on Oakridge Centre

Big step forward or way too big? Young people tended to be in favour of the huge redevelopment, with many seniors opposed

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A rendering of the proposed development at the Oakridge Centre. CONTRIBUTED

The jury is still out on the massive redevelopment at the Oakridge Centre after dozens of passionate residents spoke for and against the project at a public hearing that stretched into Monday night.

Council heard speakers on the project that will include towers up to 44 storeys tall, 2,914 housing units including social and secured rental units, a seniors centre, a rooftop park and all sorts of other frills outlined in a 116-page plan.

Supporters outnumbered opponents at the meeting, though council did not have time to hear from all 111 speakers. The hearing continues Tuesday.

A number of young Vancouverites were in favour of the project, hoping the extra units would give them a chance to purchase property within city limits.

"We're willing to have less space and give up car dependence in exchange for better access to other amenities," 31-year-old Graeme Jones said.

It also received strong support from the Jewish and Indo-Canadian communities, both of which have strong roots in the neighbourhood with religious institutions.

Paul Beesla noticed his peers move away from the area they grew up in due to a lack of affordable housing. To him, the project means they won't have to abandon their social and familial networks.

While one immediate neighbour approved the plans to revitalize his area, others, mostly seniors, strongly opposed the years of construction and the massive changes to the neighbourhood. Linda Leong questioned why the city departed from the 2007 plan, which capped tower heights at 24 storeys. She fears the sense of community will be lost with the density.

Resident Elaine Murray was more concerned about the lack of health-care infrastructure to serve the additional residents, noting the hospital is already crammed. Her husband questioned the city's process and the destruction of views.

The burden on already busy services, including transit and daycare, was a common theme among opponents.

Rick Soo, president of the Oakridge seniors centre, said the proposed seniors centre would not be big enough to meet the growing demand.

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Russia to counter U.S. proposal for Ukraine

Geopolitical crisis.
Minister says nation almost in state of war

Russia said Monday it is drafting counterproposals to a U.S. plan for a negotiated solution to the Ukraine crisis, denouncing the new Western-backed government as an unacceptable "fait accompli" and claiming that Russian-leaning parts of the country have been plunged into lawlessness.

The Kremlin moves came as Russian forces strengthened their control over Crimea, less than a week before the region is to hold a contentious referendum on whether to split off and become part of Russia.

In a televised briefing with President Vladimir Putin, Russian Foreign Minister Sergey Lavrov said proposals made by U.S. Secretary of State John Kerry are "not suitable" because they take "the situation created by the coup as a starting point," referring to the ouster of Ukraine's pro-Kremlin president, Viktor Yanukovych.

Referring to a document he received from Kerry explaining the U.S. view of the situation in Ukraine, Lavrov said: "Everything was stated in terms of allegedly having a conflict between Russia and Ukraine, and in terms of accepting the fait accompli," he said.

Ukraine's foreign minister said Monday that his country was practically in a state of war with Russia, whose forces have effectively taken control over the Crimean Peninsula.

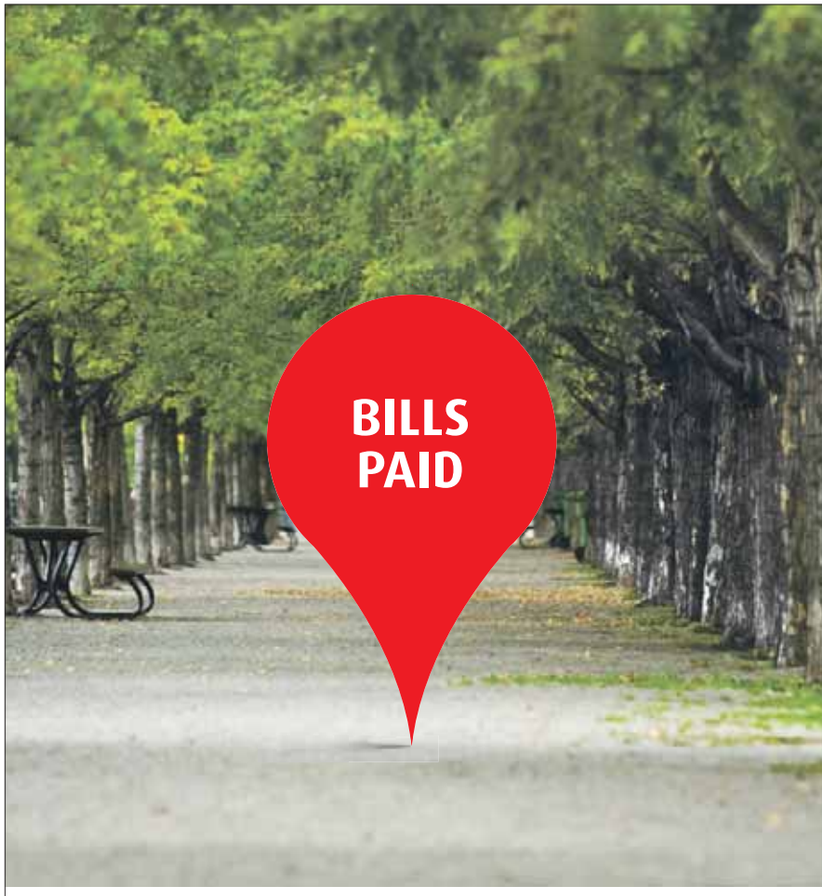
"We have to admit that our life now is almost like ... a war," said Foreign Minister Andrii Deshchytsya. "We have to cope with an aggression that we do not understand."

Prime Minister Arseniy Yatsenyuk is to meet with President Barack Obama in Washington on Wednesday.

THE ASSOCIATED PRESS

Pro-Russian protesters, right, clash with Crimean Tatars in front of a local government building in Simferopol, Crimea, Ukraine, in this Feb. 26 photo.

DARKO VOJINOVIC/THE ASSOCIATED PRESS



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South Sudan protesters denounce UN

Hundreds of young South Sudanese men marched in protest of the United Nations on Monday following the discovery of landmines inside a UN truck that was marked as carrying food.

The rally participants marched through the city and shouted slogans of support for President Salva Kiir while also denouncing Hilde Johnson, the top UN official in the country. Protesters accused Johnson of supplying arms to rebels fighting South Sudan's government.

An internal UN security situation report over the weekend said the government impounded 12 UN trucks and the deputy governor of Lakes state requested the official cargo list.

"The transport of cargo of general goods belonging to the Ghanaian battalion (was) on its way to Bentiu. Several containers were wrongly labelled and inadvertently contained weapons and ammunition," said UN spokeswoman Ariane Quentier.

The discovery — as well as a video showing guns and landmines taken from the UN trucks that has been making the rounds on social media — has fuelled even more skepticism of the UN here. Anti-UN sentiment began growing in January when President Kiir described the organization as a "parallel government" and ardent supporter of rebels.

Quentier declined to comment further on Monday and the UN has not explained why its soldiers would need landmines. THE ASSOCIATED PRESS

Deadly violence

The government's major criticism of the UN is the protection its bases around the country provide for close to 70,000 citizens mostly from the Nuer tribe who say they fear reprisal attacks from the dominant Dinka tribe who support the government and Kiir. Aid groups estimate that thousands of people have died in the violence.

Syria

Ordeal ends for abducted nuns

Syrian militants released a group of Greek Orthodox nuns Monday in exchange for dozens of women held in government prisons — a rare deal between Damascus and al-Qaida-linked rebels that was mediated by Qatari and Lebanese officials.

The dramatic scene of the nuns being freed from vehicles in the dead of night along the Lebanese-Syrian border, bidding their captors a surprisingly friendly farewell, ended the women's three-month ordeal.

The nuns were captured as opposition fighters overran a Christian village and were held in a border town. They were released as government-backed forces battled their way into the strategic border town in which they were held.

The 13 women said they were treated well by their captors, members of the al-Qaida-affiliated Nusra Front.

THE ASSOCIATED PRESS

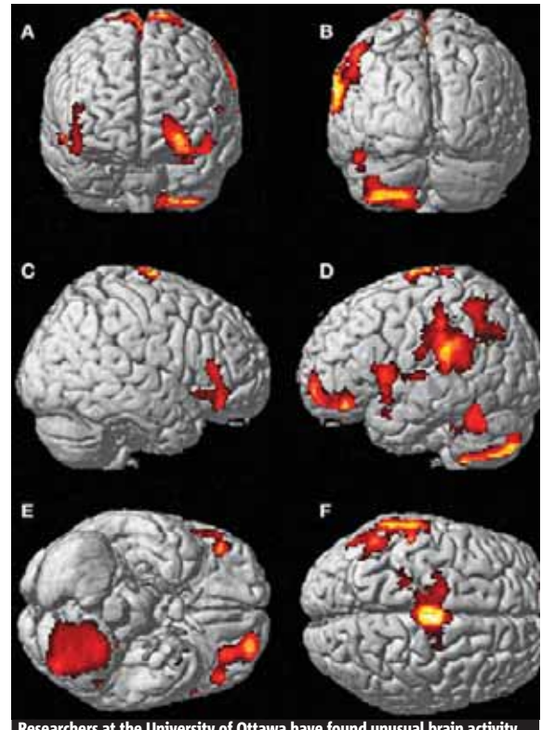
Bieber a no-show for first court date

Justin Bieber's lawyer Brian Greenspan talks to media outside court as Bieber fans look on in Toronto on Monday. The roughly two dozen Bieber fans were left heartbroken when the teen heartthrob did not show up for his first court date. The pop star faces assault charges relating to an alleged incident involving a limo driver in December of last year. CHRIS YOUNG/THE CANADIAN PRESS

Out-of-body experience finds a safe landing pad in science

U of O. Researchers conducted a study on a woman who can voluntarily have an out-of-body experience

LUCY SCHOLEY
Metro in Ottawa



Researchers at the University of Ottawa have found unusual brain activity that could be linked to the feeling of an out-of-body experience. CONTRIBUTED

An out-of-body experience might sound like something from a paranormal movie or a religious cult, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it when she was a child to help her fall asleep.

Messier and Smith conducted functional MRI scans of the woman while in this state and found that there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or roll over while in this out-of-body state.

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately on the left side of the brain.

"That was a cue to us that we were just doing something different than just regular imagery," said Messier.

"It was a bit of a surprise and we certainly didn't expect anything special," he said, adding that they tested her twice. "We were a bit unsure, skeptical, that this was actually happening."

This woman was an interesting case, said Messier, because most people have out-of-body experiences following a traumatic event or drug use. While typically frightening — especially for those experiencing them for the first time — this woman was able to do it on her own terms.

Since this study was published, Messier said he's heard from other people who say they can voluntarily have out-of-body experiences. He's also seen blog articles that link this study to religion or paranormal activity, but he said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

Quoted

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience."

Claude Messier, a researcher at U of O

Research

Most people have out-of-body experiences following a traumatic event or drug use.

- These experiences are typically frightening — especially for those experiencing them for the first time.

Heroin a 'public health crisis.' First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription pain-killers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life — and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C., allow naloxone — commonly known by the brand name Narcan — to be distributed to the public, and bills are pending in some states to increase access to it.

Advocates say Narcan, which comes in a spray and injectable form, has the potential to save many lives if administered within a certain window. But critics fear that making the antidote too accessible could encourage drug use.

THE ASSOCIATED PRESS

Quoted

"Confronting this crisis will require a combination of enforcement and treatment. The Justice Department is committed to both."

U.S. Attorney General Eric Holder

Barrie, Ont.

Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her young child could steal items from a store. Police in Barrie, Ont., say an eight-year-old was pushing a shopping cart loaded with $1,500 worth of power tools out to a waiting taxi, while the mother was distracting store staff. Investigators say the woman was arrested and the child was sent home in the taxi.

THE CANADIAN PRESS

10.7 billion trips

Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

THE ASSOCIATED PRESS

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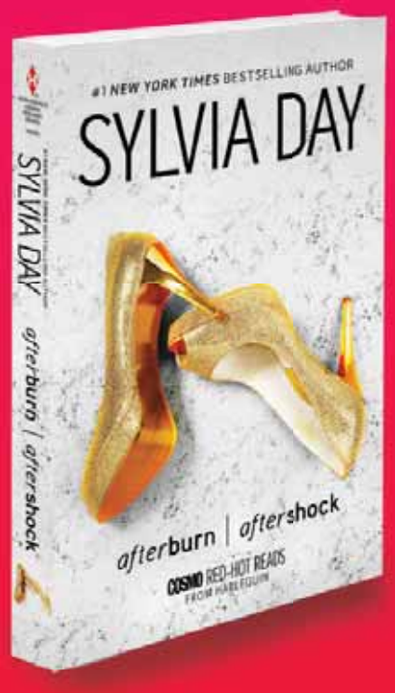

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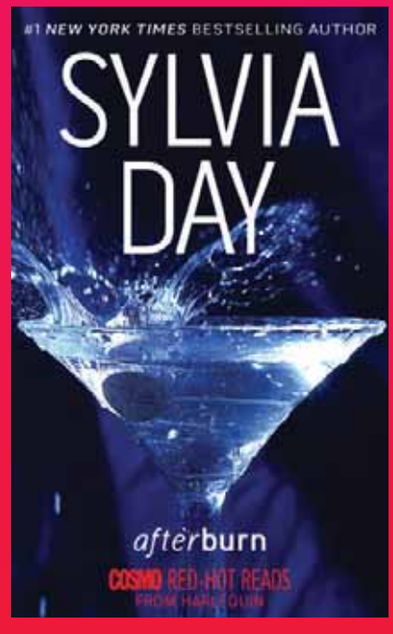

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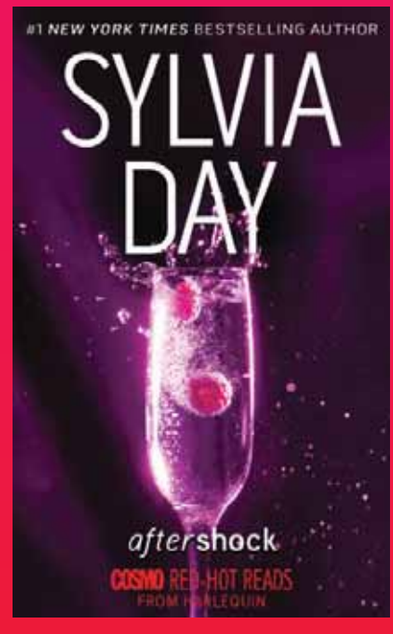

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‘You can’t get any more evil’: Killer’s dad

Newtown massacre. Peter Lanza breaks his silence more than a year after his son killed 20 first-graders and six educators

In his most extensive comments about the 2012 Connecticut school massacre, the father of gunman Adam Lanza describes his struggle to comprehend what his son did — an act that “couldn’t get any more evil” — and how he now wishes that his son had never been born.

Peter Lanza also told The New Yorker magazine that he believes Adam would have killed him, too, if he had the chance. And he often contemplates what he could have done differently in his relationship with Adam, although he believes the killings couldn’t have been predicted.

Adam Lanza
THE ASSOCIATED PRESS FILE

“Any variation on what I did and how my relationship was had to be good, because no outcome could be worse,” Peter Lanza said. “You can’t get any more evil.… How much do I beat up on myself about the fact that he’s my son? A lot.”

He said he hadn’t seen his son in two years when Adam killed 20 first-graders and six educators at Sandy Hook Elementary School in Newtown in December 2012. Adam killed himself as police arrived. He earlier fatally shot his mother, Nancy, in their Newtown home.

The interviews are Peter Lanza’s first public comments since he released a statement the day after the massacre expressing sympathy for the victims’ families and puzzlement over his son’s actions.

Peter Lanza believes his son had no affection for him at the time of the shootings.

“With hindsight, I know Adam would have killed me in a heartbeat, if he’d had the chance. I don’t question that for a minute,” he told the magazine. THE ASSOCIATED PRESS

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Radioactive water hampers Fukushima cleanup

A staff member of the Tokyo Electric Power Co. speaks to journalists in front of the No. 1 reactor at the Fukushima Daiichi nuclear power plant during a press tour in Okuma town, Japan, Monday. The radioactive water that has accumulated at the crippled nuclear power plant remains the biggest problem hampering the cleanup process three years after the disaster. KOJI SASAHARA-POOL/THE ASSOCIATED PRESS

Alzheimer’s. Senior lived with husband’s body, did not realize he was dead

An elderly woman who suffers from Alzheimer’s disease lived with her husband’s body for a month after he died not realizing what happened, authorities said Monday.

The body of Jesse Kirby, 76, was discovered Friday in his bed when police went to the home in Decatur, Ala., to check on the couple. Living inside the house was his wife, Doris Kirby, 78, who was hospitalized after the discovery.

The man apparently died of natural causes in his sleep about four weeks ago.

The door was closed to the bedroom where the man died. Police saw the man’s body through a window. Two dogs that apparently died of starvation were found in the bedroom.

The coroner said the man has two children, but neither realized what had happened because the Kirbys were “sort of loners.”

The children, who are grown, believed the man was taking care of the couple’s needs, he said. THE ASSOCIATED PRESS

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the role of the artist beyond the art world

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Guillermo Gómez-Peña

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Pistorius trial continues with graphic testimony about girlfriend's wounds

Pretoria. Amputee athlete vomits in courtroom as Reeva Steenkamp's gunshot wounds are described

Oscar Pistorius buries his head in his hand as he listens to questioning during his trial Monday in Pretoria, South Africa, regarding the events surrounding the shooting death of his girlfriend Reeva Steenkamp. BONGIWE MCHUNU/THE ASSOCIATED PRESS/POOL

Oscar Pistorius vomited in the dock and retched repeatedly and loudly at his murder trial Monday as he heard graphic details of the injuries sustained by the girlfriend he shot, including a head wound that was probably instantly fatal, according to the pathologist who performed her autopsy.

Reeva Steenkamp was shot with bullets designed to expand on impact and cause maximum damage, Prof. Gert Saayman testified after he identified the type of bullet from fragments in Steenkamp's skull.

Saayman also gave his expert opinion on how long before she died Steenkamp last ate, by the food contents in her stomach. He estimated that it wouldn't have been more than two hours before she died. That appeared to contradict Pistorius's version that suggests the couple had eaten and were in bed by 10 p.m. Steenkamp was shot after 3 a.m.

Saayman's testimony was not broadcast or reported live on Twitter by journalists because of its explicit content under an order from Judge Thokozile Masipa. However, journalists were allowed to report the testimony without directly quoting the witness's words.

As the double-amputee runner, hunched over on a bench, vomited as he heard the description of Steenkamp's wounds, Masipa briefly halted the testimony to ask chief defence lawyer Barry Roux to attend to his client.

The judge also asked whether Pistorius was able to understand the proceedings. Roux said Pistorius's reaction was not going to change. A bucket was placed at his feet.

After court adjourned for the day, Pistorius sat for a few minutes with his hands over his ears and his body heaving and bent forward as his brother held a hand on his back.

Pistorius, the first amputee to run in the Olympics, is charged with premeditated murder for the shooting death of 29-year-old Steenkamp before dawn on Feb. 14, 2013.

Pistorius, 27, says the killing was accidental because he thought his girlfriend was a dangerous intruder when he shot her through the door of a toilet cubicle in his home.

THE ASSOCIATED PRESS

Snowden speaks at SXSW tech conference

NED EHRBAR
Metro World News in Hollywood

A screengrab of NSA leaker Edward Snowden. CONTRIBUTED

NSA leaker Edward Snowden called for public oversight of U.S. intelligence programs during a web-streamed speech at SXSW Interactive Monday, one of the most anticipated segments of the technology conference.

Snowden, appearing remotely from Russia where he remains in exile, urged attendees to take more control over how the various intelligence agencies interact with citizens. The speech marked the first time Snowden has addressed U.S. citizens directly since going into exile.

"South by Southwest and the tech community, the people in the room in Austin, they're the folks who can fix this," Snowden said. "We need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we're not informed, we can't consent to these policies."

When asked by an attendee if he had any regrets about his decision to leak classified NSA documents, Snowden replied that he would "absolutely" do it again.

"Regardless of what happens to me, this is something that we had the right to do," he said, a copy of the U.S. Constitution serving as his backdrop. "I took an oath to support and defend the Constitution. And I saw the Constitution was being violated on a massive scale."

While the speech drew generally positive responses from the crowd, it had been preceded by criticism and controversy, with Rep. Mike Pompeo urging the conference in an open letter to cancel the event, calling Snowden a traitor and common criminal.

Snowden's speech was viewed by 3,000 conference attendees filling the main auditorium at the Austin Convention Center. Two overflow rooms had been set up by the conference, with the speech also streamed live by the Texas Tribune.

Black Twitter gains followers online and IRL

Trending. The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter offers self-expression online, 140 characters at a time. THE ASSOCIATED PRESS

Black Twitter shares opinions on everything from President Barack Obama to the latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C. Ellis, who has a doctorate in American and Africana Studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, The Bombastic Brilliance of Black Twitter.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites.

THE ASSOCIATED PRESS

Come to where the controversy is. Come to vapers country.

A patron exhales vapour from an e-cigarette at the Henley Vaporium in New York City. The proprietors are peddling e-cigarettes to so-called "vapers," a growing movement of enthusiasts that now includes celebrity fans and YouTube gurus, online forums and vapefests around the world. In just eight years or so, the number of vapers has grown from a few thousand to millions, in large part because of the still-controversial belief that e-cigarettes are safer than tobacco. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.08¢ (-0.09¢)

TSX 14,302.06 (+2.98)

OIL $101.12 US (-$1.46)

GOLD $1,341.50 (+$3.30)

Natural gas: $4.66 US (+$0.04)
Dow Jones: 16,418.68 (-34.04)

Peeling back profits

World has new top banana: Fyffes and Chiquita merge

Chiquita of the United States and Fyffes of Ireland have agreed to merge to create the world's biggest banana supplier. THE ASSOCIATED PRESS

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metro

THE HEART OF THE MATTER

YOUR CHOLESTEROL: BY THE NUMBERS

MINERVA STUDIO/SHUTTERSTOCK

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a post-menopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symptoms.

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

HOW TO TAME YOUR TUMMY TROUBLE

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some easy-to-follow tips to ease the discomfort.

- Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.
- Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats
- Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil (Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.
- Choose the right carbs. Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.
- Experiment with probiotics. In the natural health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.
- Eat smaller, more frequent meals. Also avoid large meals, especially right before bed
- Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart — will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

These products may not be right for you. Always read and follow the label.

DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strategies.

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your favourite flavour of Metamucil into your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

THERE SHOULDN'T BE AN APP FOR THAT

SHE SAYS

Jessica Napier
metronews.ca

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just $1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?"

I'm sorry, but are we to assume that the modern man is so incredibly inept at multitasking that he can't remember to take 10 seconds out of his bro-filled day of fist-bumping and beer-chugging to show some affection towards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people to see, Pilates classes to attend and Netflix shows to binge-watch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boyfriend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that $1.99 to take your lady friend out for a cup of coffee and engage in some old-fashioned face-to-face communication.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Anyone want to retweet this?

ZSL LONDON ZOO/REX

Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. METRO

'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after — as with workmates this is cute — but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." METRO

Other selfie moments

- **Barack Obama.** The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.
- **Kim Kardashian.** The star showed she was back to her booty-shaking best after giving birth to North West in June.
- **David Cameron.** The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

Clickbait

IRENE KUAN
Metro Online

Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of $30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.

ISTOCK IMAGES

Nail Maker: Virtual Manicure:

This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start again.

Virtual Nail Salon by ModiFace:

Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail polish pattern by uploading a photo.

Twitter

@metropicks asked: .@strombo will host @hockeynight next season. What is your first reaction? #HNIC #HNICstrombo

@AllanSorensen: don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC history

@KeightyEm: Just when you weren't sure it was possible... hockey got sexier.

@Smugshot: would have preferred Rick the temp

@policyfrog: I like Strombo just fine, but I'm still going to wince the first time he ironically wears a powder blue sport coat on air.

@Mel_Brown: I'm thrilled if it means Don Cherry is gone! :)

@Glenn_A_Johnson: As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

@MyNewsStop: Its great! Strombs is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

@laneyj19: Ppl should start learning how to spell and pronouce his name now!

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DVD review

Inside Llewyn Davis

Directors. Joel Coen, Ethan Coen

Stars. Oscar Isaac, Carey Mulligan, John Goodman

The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged, John Goodman and F. Murray Abraham as splashes of cold water to half-lidded eyes, and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. And there's a great soundtrack, produced by T Bone Burnett. Extras include a making-of featurette and the feature-length concert film Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis. **PETER HOWELL**

YA has got it Half Bad and that's good for new author

Working its magic.
Debut novel that bucks futuristic dystopian trend casts potent spell

EMILY LAURENCE
Metro World News

Before its release last week, Sally Green's book Half Bad had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for Twilight, The Book Thief and Percy Jackson: Sea of Monsters. Oh, and it's her first book.

If you're already completely over The Hunger Games and need something to hold you over until Divergent hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches — some purely good and some horrendously evil — with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, Half Bad is set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It wasn't in my mind about what the market needed or didn't need."

Interestingly, when Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad.

"Originally, I had Nathan living in a White Witch world in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third book would tie it all together. But actually, it didn't work out like that," Green reveals.

As far as the movie goes, Green guesses the cast will be mostly unknown actors, although she has two dream people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in From Dusk Till Dawn. And Gabriel, the Black Witch that appears in the end of the book, is definitely Aidan Turner, who was in the latest Hobbit movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself," she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a bit nerve-wracking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it."

Debut YA author Sally Green. CONTRIBUTED

Set in modern-day England

"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."
Sally Green, author of Half Bad

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Loose-lipped Harmon lays it all on the line

Harmontown. Community creator felt some serious dread unveiling his candid new doc at South by Southwest

NED EHRBAR
Metro World News in Austin

Spencer Crittenden, Jeff Bryan Davis, Dan Harmon and Erin McGathy in Harmontown. CONTRIBUTED

After Community creator Dan Harmon was forced off his sitcom, he hit the road, taking his podcast on a 20-city tour with documentary filmmaker Neil Berkeley in tow. Now that trip is the warts-and-all documentary Harmontown, which premiered at SXSW this weekend. Harmon, who is now back running Community, sat down with Metro for an appropriately candid chat.

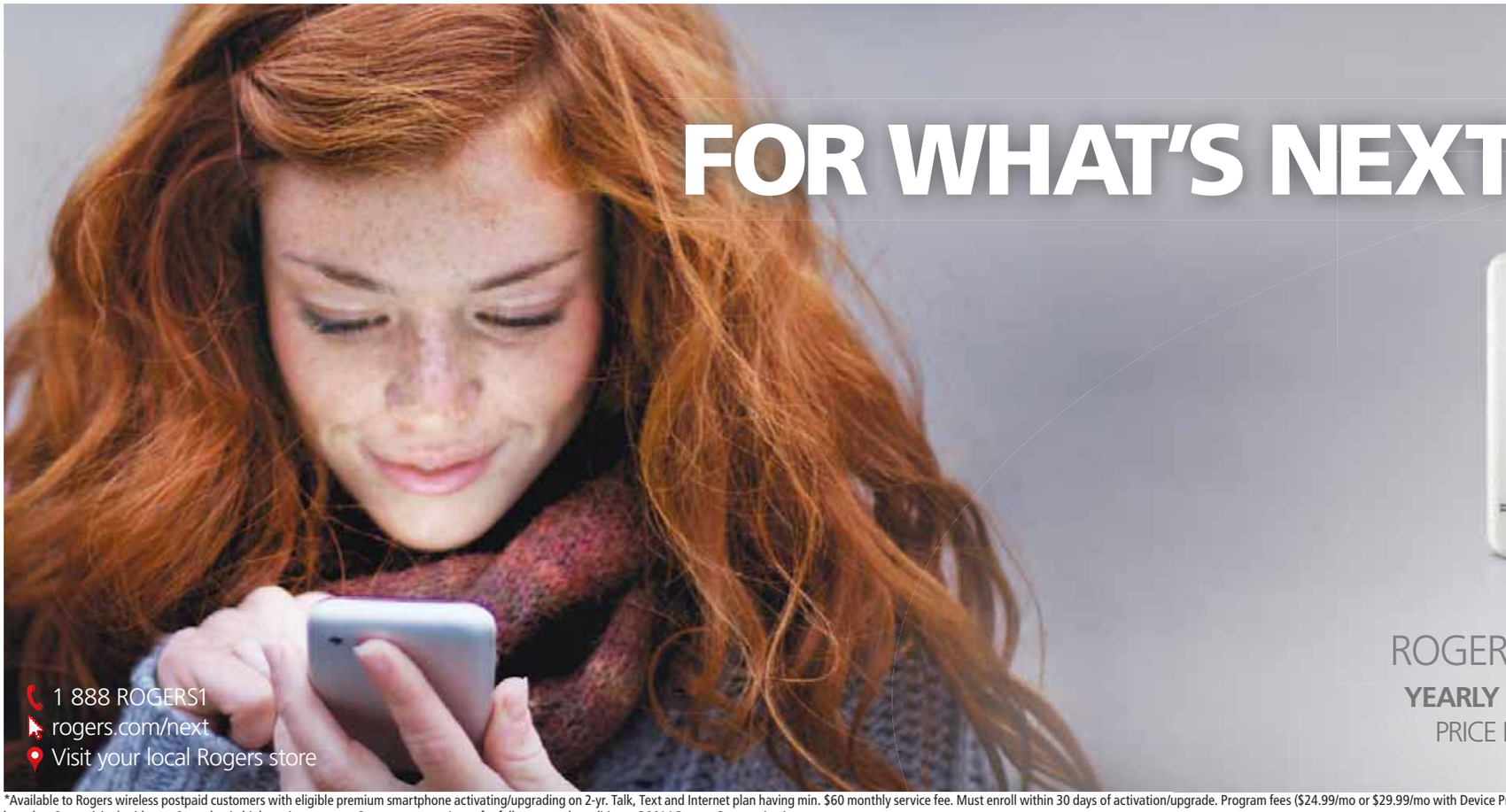
So you saw the film with an audience last night. Now that it's the morning after, what's your take on that experience?
I'm absolutely relieved. I don't do a lot of things in my life where there's delayed gratification or delayed effect, and this is one of the very few things in 41 years that I've spent a year or more anticipating — sometimes with a lot of dread, sometimes just with impatience, but all the time just living in a world where I'm out of control of something. It's a relief to move from a world where nobody has seen this movie to a world where people have seen it, because now that's over. I think it's a very interesting movie because I'm a narcissist. Even if other people don't like it or do like it, the great thing is that it's not looming any more and I don't have to worry about that part.

Community

"The way that my brain is shaped, it's best for there to be a valve on it that runs to my mouth."
Dan Harmon

As the tour was happening I was curious, did you ever get any pressure to be less candid? Like, "Maybe don't tell everyone about all of that."
There's always those voices. Usually they are people that are paid to help me. Believe it or not, I have a publicist — imagine how insane that job is. I've always been very regretful about the fact that the people who rely on me and care about me can actually be let down or victimized or frightened by my motormouth, but at the same time, there's a worse version of me, and that's a version of me that bothers to be strategic, and political and diplomatic. In the best case scenario, that's a useless version of me. In the worst case scenario that's a more effective version of me who gets terrible things done. The way that my brain is shaped, it's best for there to be a valve on it that runs to my mouth, because it keeps me humble in the long run and there's people who like it. I think that the people whose job it is to call me and say "Hey, can you cool it," they've learned by now that the answer is no, I can't.

Now that you've debuted Harmontown at SXSW, what is the plan for the film?
I'm not even sure. I mean, I know that if nothing else, there's a fan base that would love to just be able to download it and just watch it. So if we can just make it available to them for a small fee it will very quickly recoup the investment I represented. As long as it pays for itself, I won't be embarrassed about it. It'll be something we did that was worthwhile.



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Johnny Weir and Tara Lipinski. ALL PHOTOS: GETTY IMAGES

Is the Golf Channel ready for Johnny and Tara?

With their sassy, on-point figure skating commentary, drool-worthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised (by the attention)," Lipinski told Metro at a kickoff for the Paralympic Winter Games in New York City. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got."

The pros were "in a bubble" during their time in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home.

"We didn't think anyone was watching, and there's a brilliance to being a bit naive to what's going on," he says. "It's very liberating."

And figure skating's most fabulous duo have no plans to slow down now. The two did Oscars coverage for NBC and hope to be commentators at the Winter Olympics four years from now ("We'll have to see," Lipinski says). They're also ready and willing to offer their insight on other matters.

"We have an opinion about everything," Weir says. "Despite being figure skaters and knowing what we're talking about specifically, we've got opinions on a lot. So show us VMAs. Show us Golf Channel. Show us the Kentucky Derby (or) Toddlers and Tiaras."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'

PAT HEALY
Metro World News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that I was that young," Moss said of her relationship with Armisen in her new cover story with New York Magazine. The two divorced each other in 2010. "It was extremely traumatic and awful and horrible," she noted. Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person'" — and, well, we don't have to ask her what she really thinks about the whole affair. At least we hope the wedding presents were cool?

Twitter

@ElizabethHurley
Full of the joys of Spring. Chickens, parrot, dogs and alpacas fed. Lap top open and espresso on the way.

@ActuallyNPH
Took the kids to their first Broadway show today: the Lion King. Mine was 25 years ago: Les Miserables. It's the circle of life...

@lenadunham
I just made and deleted a not so great molestation joke. Sorry guys. I am really sleepy.

Mendes is on a mission to prove she's mama material

Eva Mendes is reportedly working hard to convince boyfriend Ryan Gosling that it's time to start a family, according to Radar Online. "Eva is spending a lot of time with January and her two-year-old son, Xander," a source says of Mad Men star January Jones. "She's going overboard with her supportive relationship with January, who has her hands full as a young mother at the moment. Eva seems obsessed with proving to Ryan that she's ready to start a family."

Eva Mendes

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UP Coffee (iPhone, free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.

Half-off

Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/voices/half-off to find out.

The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under $40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

Breakfast: Oats

• Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.

• Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.

Lunch: Frozen cauliflower

• This year's hottest vegetable, cauliflower, may help reduce cancer risk,

• Cleaned, chopped and flash frozen, it is as simple as it is nourishing.

• Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.

Dinner: Dry bean mix

• Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.

• Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.

Feed 4 for about $40

Here is a way to feed your family for $42.06.

Breakfast: Power Oats $5.07
- Rolled oats (7 cents/serving) = 28 cents
- Apples (37 cents/serving) = $1.47
- Milk or milk alternative (50 cents/serving) = $2
- Peanut butter (20 cents/serving) = 80 cents
- Raisins (13 cents/serving) = 52 cents

Lunch: Greek Pasta Salad $21.23 (with chicken)
- Whole wheat or brown rice rotini (30 cents/serving) = $1.20
- Chicken breast ($2.80/serving) = $11.20
- Grape tomatoes (61 cents/serving) = $2.47
- Frozen cauliflower (22 cents/serving) = 88 cents
- Feta cheese ($1.37/serving) = $5.48

Dinner. Bean Chili $15.76
- Dry mixed beans (19 cents/serving) = 76 cents
- Canned tomatoes (32 cents/serving) = $1.28
- Frozen corn (22 cents/serving) = 88 cents
- Onion (15 cents/serving) = 60 cents
- Green bell pepper (80 cents/serving) = $3.20
- Mushrooms (50 cents/serving) = $2
- Whole grain roll (57 cents/serving) =$2.28
- Cheddar cheese (74 cents/serving) = $2.96

REDUCE YOUR RISK OF VIRUS EXPOSURE

FLU SHOT, WASHING HANDS CAN HELP PREVENT ILLNESS

From lost wages to lost sleep, when a cold or flu strikes, it can interrupt every part of your family's life. Luckily, there are some simple, yet highly effective ways to reduce your risk of exposure. Here are a few things to consider as you fight off cold and flu season.

NO ANTIBIOTICS

According to the Centers for Disease Control and Prevention (CDC) in the United States, antibiotics are not effective in treating cold and flu symptoms. The reason is simple: Antibiotics are used to kill bacteria, not the viruses responsible for colds, the flu, and bronchitis.

In fact, the CDC warns that taking antibiotics unnecessarily can lead to dangerous antibiotic-resistant strains of bacteria. However, studies show that preventive flu vaccines — specifically flu shots — can be 70 to 90 per cent effective in healthy people younger than the age of 65.

DMITRY LOBANOV/SHUTTERSTOCK

MAINTAIN HEALTHY COLD AND FLU SEASON HYGIENE

Wash your hands. You have likely read this over and over, but that's because you should be doing it over and over. Washing your hands several times a day is the best way to reduce the risk of picking up a cold or flu virus. Alcohol-based hand sanitizers also are highly effective, but a thorough washing with good old soap and water should be fine. According to the University of Pennsylvania's office of health administration, covering coughs and sneezes with your hands only ends up spreading the virus. Instead, try one of these sneezing techniques

- Use a disposable tissue.
- Sneeze or cough into the crook of your arm, or if no other place, into your sleeve.
- If you have no better options, direct your cough or sneeze away from people in your vicinity.

GET SOME FRESH AIR DURING COLD AND FLU SEASON

According to the American Lung Association, taking time away from dry, climate-controlled environments is especially important in preventing cold and flu from spreading. Too much time indoors means more exposure to the germs that circulate throughout indoor areas, especially if you have a large family or office.

In addition, heating and air conditioning can dry out your sinuses, making them much more vulnerable to cold and flu viruses. When frigid temperatures keep you indoors, regulate air moisture by using a Vicks® humidifier during the dry winter months.

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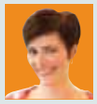
Health Solutions

Evaporated Milk? You bet!



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper. It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular milk but is less expensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand. Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later. For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Unlike cream, it can't take the heat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Spaghetti Squash 'Alfredo': Creamy and healthy comfort

THERESA ALBERT
myfriendinfood.com

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole milk. It is creamy but much lower in fat and calories. You can't lose with this quick weeknight vegetarian meal.

If you don't have the spaghetti squash, just make pasta and call it a day.

Ingredients

- 1 small spaghetti squash
- 1 tbsp butter
- 8 oz sliced mushroom
- 1 1/2 tbsp flour
- 1 clove garlic, minced
- 1 can evaporated milk
- 1 tsp freshly ground black pepper
- salt, to taste
- pinch dried chili flakes
- 1/4 cup grated Parmesan cheese

1. Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open carefully to let steam escape.

2. Meanwhile, heat a large skillet; add 1 tsp of butter and quickly brown mushrooms over high heat, set aside.

3. In the same skillet, turn heat to medium, melt the rest of the butter and whisk in flour, stirring until it bubbles and starts to brown.

4. Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over medium-high heat. Do not boil!

This recipe serves four. COURTESY THERESA ALBERT

5. Scoop out seeds from squash and discard. Pull fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese.

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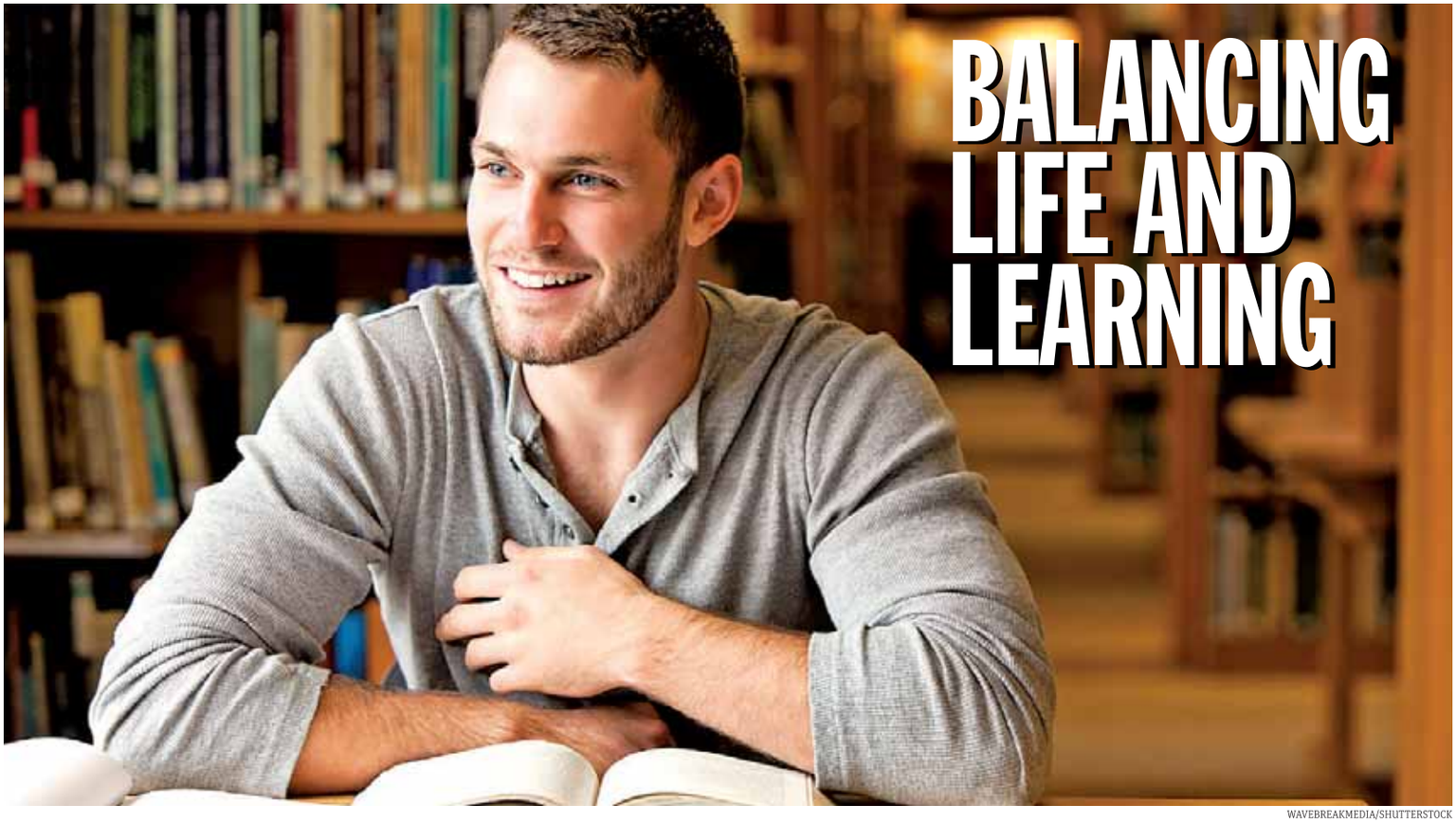

WAVEBREAKMEDIA/SHUTTERSTOCK

Busy is a word that has almost become cliché these days.

While everyone claims to be "busy" trying to tackle work and home life, throw in going back to school in the evenings, and one starts to really understand the real meaning of the word.

Sarah Hamid-Balma, director, mental health promotion, Canadian Mental Health Association (CMHA), B.C. division, has a few suggestions for those considering adding more to their plate.

"Be realistic about your time," Hamid-Balma says. "We are so eager to say 'yes' to everything when people need to set up some boundaries of what they want or can do."

Hamid-Balma says lifelong learning is important to everyone's mental health and encourages people to continue to seek out learning opportunities.

When it comes to tackling school, on top of work and life commitments, Hamid-Balma suggests the first thing a prospective student should do is evaluate what their schedule currently looks like, what their priorities are and how to minimize the short-term harm for the long-term gain.

She says while it is usual to feel overwhelmed by a hectic schedule, maintaining a work/life balance is important to one's mental health.

Hamid-Balma says some signs that you may have taken on too much include feeling like you have lost control of your life, feeling guilty about commitments, difficulty concentrating, feeling stressed or tired all the time, or just feeling like you are not living your life to the fullest.

"Asking for help is something we don't do enough of," Hamid-Balma says. "You don't have to do everything yourself."

To alleviate some of these feelings, she says to try to integrate some breaks (away from technology) in your day, like going for coffee with a friend, walking the dog, or playing with your kids.

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BCIT COMPUTING PART-TIME STUDIES

STUDY UP ON YOUR FINANCES

ROBERT KNESCHKE/SHUTTERSTOCK

There is no question that going back to school can create an unwanted financial burden if you are not prepared for it.

If you are planning on going back to school, for either career and skill development, to increase job opportunities, to change careers, or to just learn more about a topic of interest, it is important to put a financial plan in place to ensure you do not leave yourself with an unmanageable level of debt once you are done.

Robert McCullagh, financial adviser, Benefit Planners Inc., Portfolio Strategies Corp., says he always asks clients the same questions before they head down the road to higher education.

If they are going back to school to increase their earning potential, he asks about their income potential when they graduate.

"If they are not careful, they can just incur more debt," says McCullagh, who is also an instructor of financial planning courses at Mount Royal University faculty of extension.

Secondly, McCullagh suggests researching the cost of the program and how much money will be needed in the bank to cover day-to-day living expenses while in school.

From there, he advises making a budget and try living off that budget.

"That allows you to test drive your budget to see if you can afford to go back to school," McCullagh says.

If you do not have enough money saved to go back to school full time or to fully cover the costs of tuition, there are a number of grants and bursaries available to help with the costs associated with school, as well as the Lifelong Learning Plan (through RRSPs).

BRIGHTON COLLEGE OFFERS A WIDE RANGE OF OPTIONS

CONTRIBUTED

To meet the growing need for Internet marketing professionals, Brighton College has designed the new Internet marketing program to meet the current industry demand.

"Brighton College's Internet marketing diploma program is a great fit for all types of students," says Stephanie Casanova, Internet marketing program co-ordinator, Brighton College.

"From traditional marketers and recent graduates with business degrees who are going back to school to earn a quick diploma in internet marketing in order to enhance their resumé and gain experience in a growing industry, to those students who are completely new to marketing (to) gain the essential skills to be successful in the Internet marketing field."

Brighton College offers a 36-week Internet marketing diploma program, which is designed to give students the skills necessary to succeed in one of the most in-demand industries.

Students learn key concepts, strategies and skills pertaining to search engine optimization (SEO), search engine marketing (SEM), email marketing, website analysis, web media, basic web programming, as well as marketing communications and project management.

Careers include search engine specialist, online marketing manager, online marketing co-ordinator, social media manager, Internet marketing consultant, and more.

For more, or to inquire about Brighton College's Internet marketing diploma program, visit brightoncollege.com.

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Computer use and information technology is part of everyday life and the field is continually evolving.

Most workplaces require people to properly use computer applications to record, manage and communicate information. BCIT computing part-time studies (PTS) courses are applied and recognized by employers for providing job-ready skills.

"Above and beyond standard computer use, there are rewarding careers for men and women who want to create and maintain software applications with programming languages," says Kevin Cudihee, program head, part-time studies and industry, training, BCIT computing.

"If you think you have the ability to learn to write code, then try a part-time course. Then consider your options, as there is a projected shortage for programmers that know multiple languages and development tools."

Most "COMP" courses count for credit in a credential program.

"These credentials may build on top of each other to form a diploma or degree," Cudihee says.

Students only need to register and pay for one course at a time in most cases.

PTS courses are generally held nights or weekends so students can keep their jobs and study toward a BCIT credential one course at a time.

For more about the BCIT computing PTS courses, visit bcit.ca/computing.

YMCA EMPLOYMENT PROGRAMS STAND OUT

Finding work these days is tough, and that is without the added challenge of a barrier to employment such as a disability, lack of education or little to no practical work experience. For decades, the YMCA has helped people build the skills and experience they need to gain and retain meaningful employment. It's important work that the YMCA believes strengthens local communities and economies.

Employment programs, such as the YMCA youth skills at work provide support to youth between the ages of 15 to 30 with barriers. Training and workshops in a peer-supported environment help individuals develop core employability skills, as well as increased self-confidence and awareness of their own abilities in preparation for a successful entry into the labour market.

Participants are also given an opportunity to put their theoretical understanding into practice through a 12-week work experience placement, which, in most cases, leads to regular, full-time employment.

The YMCA of Greater Vancouver provides employment services to youth, young adults and mature job seekers through nine programs offered across the Lower Mainland and Sunshine Coast.

"I received the best training and the job itself is amazing," a YMCA employment participant recently said.

Intakes run throughout the year. Call 604-685-8066 to inquire about the next youth skills at work information session.

YMCA EMPLOYMENT AND TRAINING PHOTO

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WCCMT PROVIDES EXPERT TRAINING

Founded in 1983 with a vision to foster excellence in massage therapy education, and a passionate commitment to nurture the development of the profession of massage therapy in B.C., West Coast College of Massage Therapy (WCCMT) has more than succeeded — it has excelled.

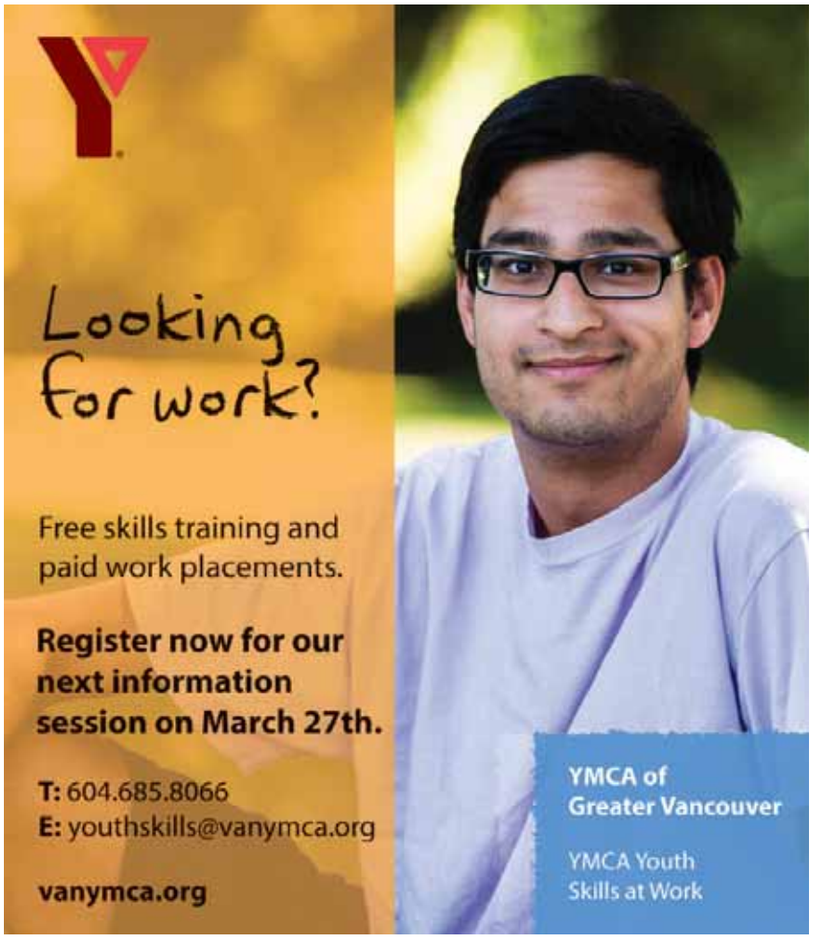
"At WCCMT, we do not simply prepare our graduates to practise massage therapy at an entry level, we prepare our graduates to be the best they can be and to offer the highest quality of massage therapy treatment to their patients," says Cidalia Paiva, PhD, executive director of WCCMT.

WCCMT's 20-month registered massage therapy program not only teaches the required entry to practise competencies for registered massage therapy, WCCMT exceeds this minimum standard by providing mastery level education and training.

WCCMT offers advanced curriculum, the most highly credentialed instructors and the most advanced clinical internship program in the industry.

In addition, WCCMT offers more opportunities for transfer articulation into public post-secondary education institutions for grads interested in pursuing degree completion and further studies.

For more information, call 604-520-1844, ext. 232, email admissions@collegeofmassage.com, or visit collegeofmassage.com/new-westminster.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NURTURE YOUR CREATIVITY

WITH VCC MUSIC

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Vancouver Community College (VCC) music offers B.C.'s most innovative diploma and degree programs, in addition to part-time and community courses.

At VCC music, students learn from award-winning artists, have their creativity nurtured, while playing and performing with other talented musicians.

"VCC music focuses on helping students become 'complete' musicians with the skills to do a variety of things in a variety of musical styles; together with the know-how to make a living at music," says Ken Morrison, department head, music and dance, VCC.

In VCC's part-time and community programs, many of the ensembles have students playing beside alumni and other community members.

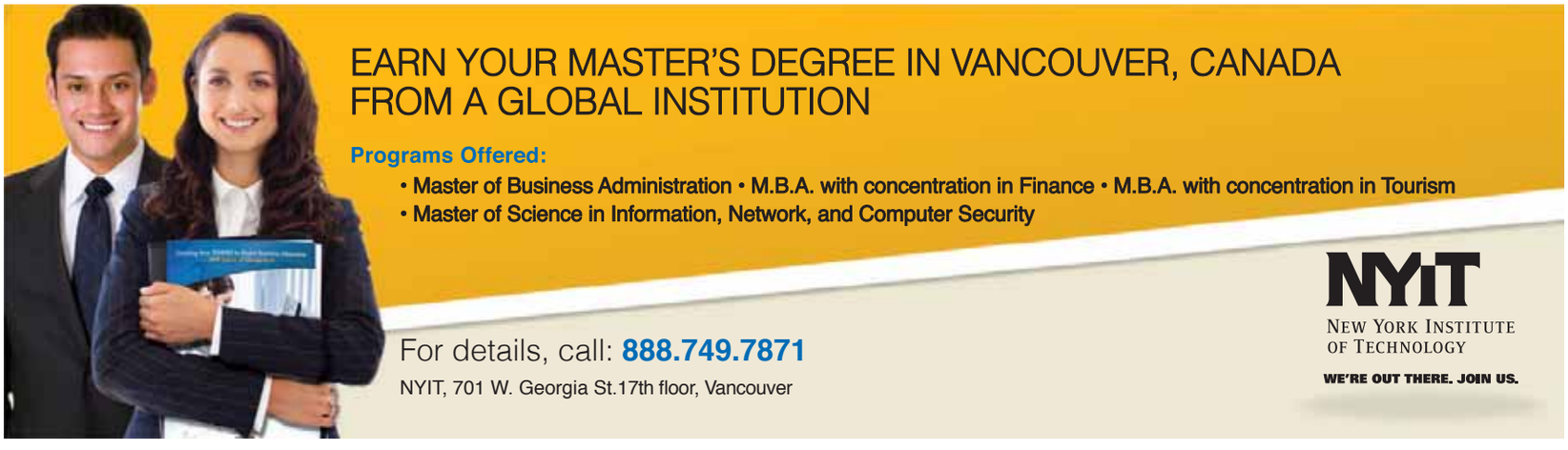
"We invite qualified students into many of our academic and skills courses on a part-time basis," Morrison says.

The school also offers preparatory courses in theory and solfege for students starting out on musical literacy and those who need a refresher.

For those aspiring musicians looking to immerse themselves in music, VCC has a two-year diploma that allows students to major in composition, voice, or an instrument. It is an intense, full-time program.

VCC also has a two-year bachelor of applied music degree that requires the student to already have a two-year diploma from VCC or an equivalent diploma from another school.

For more information about the music programs, visit vcc.ca/music.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CHARTERED PROFESSIONAL ACCOUNTANT

Sarah Lilley

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There is now a single designation that provides more options than ever before to those pursuing a career in management, accounting or finance.

CPA PREP student Sarah Lilley knows exactly why she wants to become a chartered professional accountant (CPA).

"I'd be proud to call myself a CPA because it represents that I've met the high standards needed to gain entry into an exceptional group of problem-solvers, thinkers, and leaders," she says. "The CPA program will produce some of the best and brightest talent Canada has to offer."

As of September 2013, the CA, CMA and CGA designations merged to create the CPA designation. Offering the best of all three legacy designations, the CPA provides a broader focus on all aspects of business and leadership and has quickly become the pre-eminent professional accounting credential in Canada.

If you have ever considered an accounting career, there are five reasons why you should become a CPA:

• The CPA program provides a strong foundation in technical accounting, while developing strategic management skills.

• Because the program was designed to meet the needs of both the public and private sectors, accountants with the CPA designation will be highly sought after by employers across Canada.

• The program requires candidates to gain relevant work experience while enrolled in the CPA certification program.

• Instead of one standardized experience, customizable program modules in the CPA certification program allow candidates working in specific industries to choose relevant electives.

• Thanks to the new CPA prerequisite education program (CPA PREP), individuals can obtain the CPA certification program prerequisites within 12 months of part-time study.

The CPA PREP opens the door for future CPAs with new student intakes offered throughout the year. Delivered on a part-time basis, the program can be taken online, in-class, or through self-study. The only academic prerequisite is an undergraduate degree (in any discipline) from a recognized post-secondary institution and the completion of classes covering introductory management accounting, introductory financial accounting, economics, and statistics.

For more information on becoming a CPA, register for an upcoming information session at goCPAbc.ca.

STEPHEN COBURN/SHUTTERSTOCK

NYIT-VANCOUVER ADDS NEW PROGRAMS

New York Institute of Technology (NYIT)-Vancouver has added two new concentrations to its well-established and highly regarded MBA program.

MBA students at NYIT can now choose between a concentration in finance and in tourism. NYIT has also received approval from the B.C. Minister of Advanced Education to offer its cutting-edge master of science in information, network, and computer security at its Vancouver campus.

Each program at NYIT-Vancouver is based on the same program at NYIT's New York campuses, allowing for full transferability between campuses.

NYIT-Vancouver is an important and valued member of Vancouver's higher education community, with recently formed partnerships with two major local public institutions: Langara College and the British Columbia Institute of Technology.

These partnerships guarantee graduates of BCIT's and Langara's programs course transfer credit into programs at NYIT-Vancouver, and will allow for the sharing of facilities and other resources, exchanges of faculty, and student exchanges.

Applications for the May 5 intake are now being accepted.

The MBA concentrations and the M.S.-INCS degree are just two of the recent additions to NYIT-Vancouver, and the university plans to add more postgraduate programs in Vancouver in the near future.

For more information, email vancouver-info@nyit.edu, or visit nyit.edu/canada.

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WILLIAM CASEY/SHUTTERSTOCK

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AU serves more than 40,000 students from every Canadian province and territory, as well as 87 countries worldwide. Choose from more than 800 courses in a broad range of undergraduate and graduate degree, diploma and certificate programs in arts, science, business, health, technology and professional disciplines

As an open university, AU works with learners to overcome the challenges that can prevent them from attending traditional university — challenges like family and job responsibilities or not being able to relocate for school. The school's open admission policy allows anyone 16 or older to study as an undergraduate student regardless of educational history.

If you already have a diploma, you may well be on your way to an AU degree. AU recognizes thousands of courses and hundreds of transfer programs with colleges and universities across Canada and around the world. Obtaining your degree may be closer than you think.

AU recognizes that your learning can also be acquired from life experience, job training, workshops, seminars and other experiences. Your work and/or life experience may be recognized towards earning an AU degree with the school's prior learning assessment and recognition (PLAR) process.

Undergraduate admission is offered year-round and most courses start on a monthly basis. Register for a course by the 10th of the month, and you can start as early as the first day of the next.

For more information on making AU a part of your future, visit everywhere.athabascau.ca.

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Athabasca University

NFL

Bennett benefits from risk in Seattle

Michael Bennett gambled last off-season that playing on a one-year deal in Seattle would pay off in the future with the long-term contract he always wanted.

He was proven correct. Bennett now has a Super Bowl title and a new four-year deal that will keep him with the Seahawks.

"I don't know if there was any doubt, but there was a lot of speculation a lot of teams tried to get me to come there," Bennett said Monday. "But ultimately I wanted to come back and play with these guys and win some more games."

Bennett had a breakout 2013 season with the Seahawks where he led the team in sacks and proved a versatile option at defensive end and defensive tackle.

THE ASSOCIATED PRESS

NHL

Stars' Peverley collapses in game

The game between Dallas and the Columbus Blue Jackets was postponed on Monday night after Stars forward Rich Peverley collapsed on the bench during the first period.

Play was halted 6:23 in as Peverley was quickly carried from the bench. A public address announcement was made several minutes later that the 31-year-old Peverley was conscious and taken to a hospital.

"We treated (Peverley) for a cardiac event successfully," Dr. Gil Salazar said. "As soon as we treated him, he regained consciousness. He was able to tell me where he was."

THE ASSOCIATED PRESS

The Islanders' Casey Cizikas celebrates after Matt Martin, not pictured, scored the team's fifth goal of the third period on goalie Eddie Lack and the Canucks at Rogers Arena on Monday night. All seven of the Islanders' goals were tallied in the final frame. DARRYL DYCK/THE CANADIAN PRESS

Shel-Lacked

NHL. Canucks let three-goal third-period lead waste away in loss to the Islanders

CAM TUCKER
cam.tucker@metronews.ca

On Monday

7	4
Islanders	Canucks

The Vancouver Canucks looked in good shape, in a position to make it two straight wins and keep their fading playoff hopes alive. Then they unravelled.

The Canucks took a 3-0 lead into the third period against the New York Islanders, having scored twice on the power play and with a Henrik Sedin goal, his first since Dec. 14.

Cue the Islanders' comeback. It happened almost instantly. One goal after another, until the Canucks' lead evaporated and the home team was in the trailing position.

The final score ended up 7-4 for the Islanders. All seven goals came in the third period.

It started with the Canucks getting into penalty trouble, and the Islanders were only too happy to take advantage.

The visitors scored three times on the power play in the first three minutes and 36 seconds of the third period to tie the game. They took the lead on a Frans Nielsen goal at the 6:22 mark.

What happened next was wildly entertaining and deflating all at once, as the Canucks tied the score on a Chris Tanev wrist shot from the point. Back on track, the Canucks were. Or so it seemed.

The Islanders took the lead once again on a goal from Matt Martin. It followed Tanev's equalizer by all of 10 seconds. Anders Lee gave New York a two-goal cushion less than two minutes later.

The Canucks now head out on a four-game road trip, beginning Wednesday in Winnipeg.

4 SPORTS

CONSTRUCTION AHEAD OF SCHEDULE
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HONDA
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MLB

Bonds convinced he's a HOFer

Barry Bonds certainly thinks he's worthy of election to the Hall of Fame.

"Without a doubt," baseball's home-run king said Monday at the San Francisco Giants' spring training camp, where he will serve as a hitting instructor for a week.

Bonds spent his last 15 big-league seasons with San Francisco, but his final years were clouded by suspicions of performance-enhancing drug use. THE ASSOCIATED PRESS

NHL

Kings slip past Flames in Calgary

Anze Kopitar had a goal and an assist to lead the Los Angeles Kings to a 3-2 win over the Calgary Flames on Monday.

Justin Williams and Trevor Lewis also scored for the Kings (38-22-6), who have reeled off eight straight wins.

Mike Cammalleri and Brian McGrattan scored for the Flames (25-33-7), who lost for just the second time in their past nine games in Calgary. THE CANADIAN PRESS

NCAA basketball

Kansas star Embiid to miss more time

Kansas centre Joel Embiid is expected to miss the first weekend of the NCAA tournament.

Embiid got a second opinion on his ailing lower back from a specialist on Monday, and the school says Embiid has a stress fracture.

The school says Embiid's treatment for the injury makes him "unlikely to play in the first weekend of the NCAA tournament." THE ASSOCIATED PRESS

Roll of the dice helps McKeever win gold medal

Cross-country skiing. Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eight-time Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own.

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them, working pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. THE CANADIAN PRESS

Canadian Brian McKeever, right, and guide Graham Nishikawa compete in the men's visually impaired 20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday. McKeever went on to win gold. SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

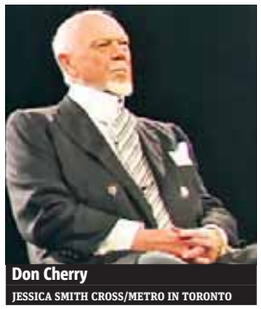
Grapes says wrath will stay intact

Don Cherry made a few things clear on Monday: No one tells him what to do, he'll never change and Hockey Night In Canada should always be aired on the CBC.

Rogers announced Monday that George Stroumboulopoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean.

Sportsnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus playoffs and the Stanley Cup final.



Don Cherry
JESSICA SMITH CROSS/METRO IN TORONTO

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have that photographer say, 'You stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move?' I'm not used to being told what to do," he said. "I'm not about to be told now what to do."

"It does seem strange. It hasn't hit me yet," he added.

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth."

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for nationwide coverage.

Stroumboulopoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of a champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumboulopoulos got his start as a sports reporter and he's been a fan since he was five when "the Habs were good — which quickly went away." JESSICA SMITH CROSS/METRO IN TORONTO

Horoscopes

♈ Aries
March 21 - April 20
A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

♉ Taurus
April 21 - May 21
Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

♊ Gemini
May 22 - June 21
This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

♋ Cancer
June 22 - July 23
This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will reach your goals.

♌ Leo
July 24 - Aug. 23
Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

♍ Virgo
Aug. 24 - Sept. 23
You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

♎ Libra
Sept. 24 - Oct. 23
The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

♏ Scorpio
Oct. 24 - Nov. 22
The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

♐ Sagittarius
Nov. 23 - Dec. 21
You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

♑ Capricorn
Dec. 22 - Jan. 20
Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

♒ Aquarius
Jan. 21 - Feb. 19
Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about them. You'll move up soon.

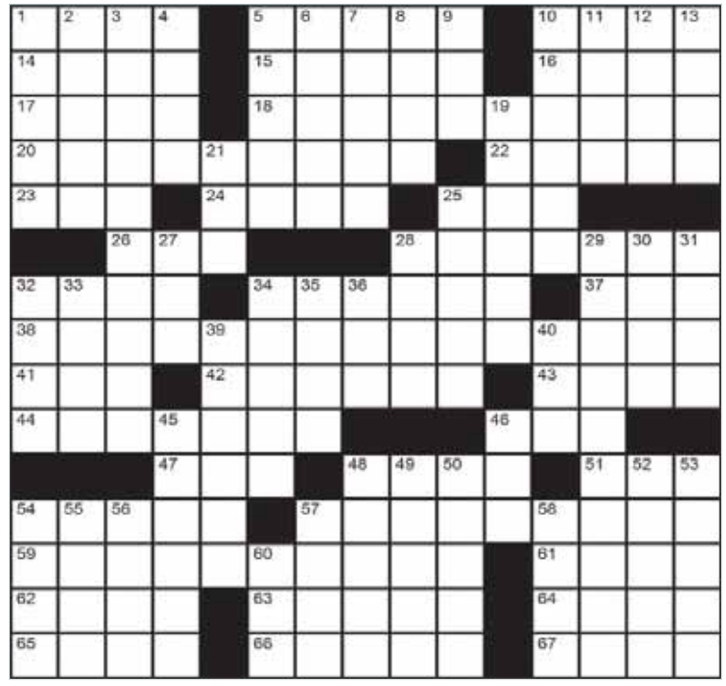
♓ Pisces
Feb. 20 - March 20
Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

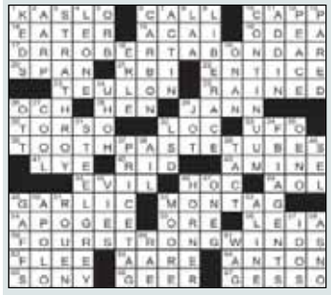
BY KELLY ANN BUCHANAN



Across
1. Loos
5. "__ the Land" by The Guess Who
10. "Don't take __ __ seriously..."
14. "Brrr! There's _ __ outside."
15. __ Notes (Literature aids)
16. Sheltered spot
17. Rate
18. Freelancer's workplace: 2 wds.
20. TVdom's Mike Brady, for one: 2 wds.
22. Pass on
23. 'Ranch' suffix
24. Floral arrangement
25. Singer Bobby
26. Alleyway animal
28. Pussycat Dolls song: 2 wds.
32. "Rock-_-__ Baby"
34. Roughriders home, __ Stadium
37. Jay Z's music
38. Coaches' seating on #25-Down: 3 wds.
41. Maritime workers' org.
42. Antarctica penguin
43. Preposition
44. __ Fields (Heavenly abode in Greek mythology)
46. Gr. behind Bob Hope's legendary shows for soldiers
47. Sun rays letters
48. Music key, _ __.
51. Lake: French
54. Humdrum
57. Plant not found in Newfoundland: 2 wds.
59. Muskokas locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big
61. __ empty stomach: 2 wds.
62. To boot
63. Computer company
64. Sell
65. __ green (Really bright colour)
66. Fix pant legs again
67. Sparkling wine from Italy

Down
1. Oversight
2. Keep __ __ of mystery
3. Tom Cochrane & Red Rider song: 2 wds.
4. Li'l requirement
5. Jerk
6. Thugs
7. Cosmetics brand
8. Clarinetist's prop
9. Paul Anka's "__ Beso (That Kiss!)"
10. How some heights and lengths are measured: 2 wds.
11. Labour
12. Dance music of the Caribbean
13. -Dokey's lead-in
19. An official language
21. Select
25. NBC's "The __"
27. Bronze Roman money
28. Surrealist painter Salvador
29. 1800s fashions undergarments
30. Actress, Melissa Joan __
31. Lhasa __ (Arf!)
32. Songstress, India.__
33. Church's sounder
34. King with a golden touch
35. Kitchen†appliance
36. Montreal seasoning
39. Foregoes
40. Three-toed sloths
45. The __ Place Hotels
46. Card game
48. Actor Mr. Lundgren
49. Thousand: French
50. "Hmmm, _ __ to remember..."
52. Before: French
53. Songstress Ms. Lauper
54. Comparison word
55. Govern
56. "____ doing..." (Thereby)
57. Tube
58. NS part
60. Alternate spelling, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	4		9	8		
	7		2		8		6	
6								5
		3	9	2	6	1		
		9	5	1	7	3		
4								3
	5		6		3		8	
		7	8		5	4		

Yesterday's Sudoku

2	6	9	5	7	3	1	4	8
8	7	5	6	4	1	3	2	9
3	1	4	8	2	9	6	7	5
4	3	6	1	5	7	8	9	2
1	5	7	2	9	8	4	6	3
9	8	2	4	3	6	5	1	7
7	9	1	3	6	5	2	8	4
6	2	3	9	8	4	7	5	1
5	4	8	7	1	2	9	3	6

Today
10°/4°
Partly cloudy

Wednesday
10°/5°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
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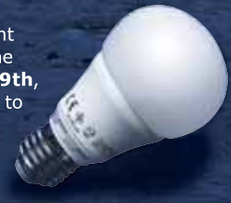
The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From **February 3rd** to **March 29th**, buy any LED light bulb and the IKEA Foundation will donate $1 to brighten the lives of those in need.

Read more at IKEA.ca/brighterlives



UNHCR The UN Refugee Agency

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